

# FLU SEASON in Schools

## What parents need to know



### What is flu?

Flu is a common seasonal illness that can cause fever, tiredness, coughs and aches. In children, it can sometimes result in missed school days and prolonged recovery times.

### How schools help reduce the spread

Flu is a common seasonal illness that can cause fever, tiredness, coughs and aches. In children, it can sometimes result in missed school days and prolonged recovery times.

### What about the flu vaccine?

In the UK, the flu vaccine is offered to children each year.

Families can find out more by speaking to:

- Their GP practice
- Their school nursing team
- NHS services

Schools share information but do not provide medical advice.

### School-based flu vaccination sessions

If your child's school hosts a flu vaccination session:

- You'll receive information in advance
- Participation is optional
- Vaccinations are delivered by trained healthcare professionals
- Consent is always required

## WHEN SHOULD MY CHILD STAY AT HOME?

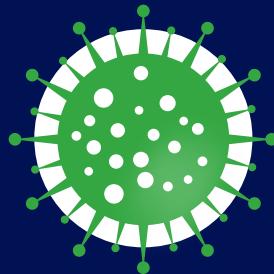
Please keep your child at home if they:



Have a high temperature



Are feeling very unwell



Are showing flu-like symptoms

**This helps protect other pupils and our colleagues.**

### Need more information?

Trusted sources include:

- NHS flu vaccination guidance
- Your GP or practice nurse.
- Local school nursing services.

**Hey, from us at Medical Tracker to you reading,  
thank you for helping keep our school community healthy.**